

**Overview:**

**1. Purpose of the Study:** The aim of this study is to lay out the benefits and potential harms of early versus delayed cord clamping.

**2.Design:** This study used a narrative overview by synthesizing the findings of literature retrieved from searches of computerized databases.

**Results:**

Delayed cord clamping has shown a significant benefit in infants, both term and preterm. These infants showed higher hemoglobin and iron levels, lower rates of NEC, chronic lung disease, etc. Not only does delayed cord clamping benefit the infants, it also showed there was no association with increased risk of maternal hemorrhaging.

**Strength:** Level 3, High Quality

**Clinical Significance:**

The results of this article show that delayed cord clamping is beneficial to both the mother and the infant in many ways. This practice could increase the infant's overall health and therefore this practice should be put into place in the healthcare profession and become a more common technique used in deliveries. This will allow infants to receive more of the nutrients and blood contents within the placenta. Although there are a few contraindications, this is a practice that can increase easily and benefit many lives.

Qian, Y., Ying, X., Wang, P., Lu, Z., & Huo, Y. (2019). Early versus delayed umbilical cord clamping on maternal and neonatal outcomes. *Archives of Gynecology & Obstetrics*, 300(3), 531–543. <https://doi.org/10.1007/s00404-019-05215-8>.

## Delayed vs Early Cord Clamping on a Newborn's Overall Health

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Delayed cord clamping versus early cord clamping has been an issue that has been around for a long time. This argument is whether the cord should be clamped at more than 30 seconds or less than 30 seconds after birth. Within our project, we have gathered multiple research articles to evaluate these benefits and whether or not delayed cord clamping improves a newborn's overall health.

In newborns, what is the effect of delayed cord clamping, in comparison to early cord clamping on the newborn's overall health?

**Overview:**

**1. Purpose of the Study:** To compare the effects of early versus delayed cord clamping of term births on maternal and neonatal outcomes.

**2. Design:** Quasi - Experimental study was conducted at the Jordan University Hospital. Each mother was assigned to delayed cord clamping at 90 seconds or early clamping at before 30 seconds.

**3. Sample:** 128 mothers expecting a full term singleton baby

**Results:**

Delayed cord clamping was associated with higher hemoglobin levels among newborns after 12 hours. On the other hand, early cord clamping was associated with an increased need for oxygen therapy among newborns and occurrence of postpartum hemorrhage among mothers.

**Strength:** Level 3, High Quality

**Clinical Significance:**

The results of this study confirm that delayed cord clamping is safe. If this was put into practice it could improve the newborns overall health and also reduce the amount of postpartum hemorrhage that is seen in new mothers. This topic should be aware to healthcare professionals involved in labor and delivery. Delaying cord clamping will also allow newborns to get more of the nutrients that is in the cord blood from the placenta.

Khitam Mohammad, Suha Taliakh, Kamil Faram & Debra Creedy (2019): Effects of early umbilical cord clamping versus delayed clamping on maternal and neonatal outcomes: a Jordanian study. *The Journal of Maternal-Fetal & Neonatal Medicine*, DOI: 10.1080/14767058.2019.1602605